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Healthy Hometown Advisory Council Meeting Scheduled for April 2nd

Our next Healthy Hometown Advisory Council Meeting will be held **April 2, 2010 at 10:00 am in the Forum at the Department of Public Health & Wellness, 400 East Gray Street**. Mayor Abramson will be on hand to present our 2009 Leadership Awards to those volunteers who really stepped up last year. Dr. Troutman will present a rousing year in review. Be sure to join us! RSVP to mary.bradley@louisvilleky.gov.

Trans Fat Ban Still Considered

The Louisville Board of Health has voted to recommend a communitywide trans fat ban to the Metro Council to take affect in approximately 18 months. Public Health & Wellness Director Dr. Adewale Troutman will take the recommendation under advisement and present his recommendation to Metro Council later this month. A complete ban is expected to affect more than half of the restaurants in the community or all of those that have not voluntarily banned the food additive. Citing the fact that a ban could eliminate as many as 400 heart attacks per year, Dr. Troutman is also looking at recommending a communitywide educational campaign to show the negative effects of including trans fat in our diets.

Worksite Wellness Conference Takes Shape

The third in a series of Worksite Wellness Conferences presented by the Healthy Hometown Worksite Wellness committee will be held on Friday, June 1st, at the Baptist Hospital East Conference Center. Mayor Abramson will present the 2009 Healthy Hometown Worksite Wellness Awards. The morning program will include presentations by industry professionals, informational booths and opportunities for Q&A. Sponsors for the morning event include Neace-Lukens, Baptist East and Valu-Market. If you would like to participate as a presenter or host a booth, please contact megan.lafollette@louisvilleky.gov.

Worksite Wellness Awards Expand

Applications for the 2009 Worksite Wellness Awards will be online March 1st so make plans now to submit your company or organization's proven program. The application has been expanded to include criteria from the Wellness Council of America WELCOA and will be scored in the same three size categories; 1-249 employees, 250-999 and 1000+. The application is being streamlined to be even easier than before so be sure to give your program a shout out! Awards will be presented by Mayor Abramson at the Healthy Hometown Worksite Wellness Conference on June 1st (see above).

Food Summit Scheduled for March 12 & 13

Registration is now open for the 2nd annual Louisville Food Summit entitled "Everybody Eats: *Ingredients for Change*" on Saturday, March 13, 2010 at Meyzeek Middle School. This year's Food Summit will feature the documentary Food, Inc. as part of a national campaign called *Ingredients for Change*. The day will also include a tour of several Louisville-based food initiatives and interaction with nationally renowned author Joel Salatin of Polyface Inc. who will moderate a discussion following the movie. Support for the *Ingredients for Change* Campaign was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey (www.rwjf.org). Please see below for more information about registration and the kick-off dinner with Joel Sallatin on March 12 at the Clifton Center.

Louisville Continues Mentoring to HKHC Sites

In its role as a Leading Site for The Robert Wood Johnson Foundation (RWJF) Healthy Kids, Healthy Communities (HKHC) grant, Louisville will now have the opportunity to mentor as many as 41 new communities that have been awarded multi-year grants as part of this landmark national program to reverse the childhood obesity epidemic by 2015. The RWJF program supports local efforts to improve access to affordable healthy foods and opportunities for physical activity for children and families. With nine communities, including Louisville, named as leading sites in 2008, the program now encompasses 50 sites in more than half of the states, the District of Columbia and Puerto Rico. And with a total commitment of \$33 million over five years, it is the Foundation's single largest investment in community-based solutions to childhood obesity. More than 23 million children and adolescents in the United States—nearly a third of youth ages 2 to 19—are now overweight or obese. Even among ages 2 to 5, the rate of overweight and obesity is 24 percent. Healthy Kids, Healthy Communities is a cornerstone of RWJF's \$500 million commitment to reverse the epidemic.

<http://www.healthykidshealthycommunities.org/communities>.

Mayor's Miles Continue to Spread throughout the Metro

Mayor's Miles are the fun and increasingly popular way to encourage walking throughout the city. A new Mayor's Mile is now on site at Waterfront Park and provides both a 1-mile and 2-mile walking option. Look for the starting point on Witherspoon Street near the Fleur de Lis Gardens. A new Mayor's Mile is currently being installed on the Spalding University Campus. This Mile features a new stenciled ground marking feature which we hope to make available for other Mayor's Miles as well. UPS just signed on for a new Mayor's Mile at its Outer Loop facility for employees as part of their worksite wellness activities. And plans are underway to install a Mayor's Mile at Rangeland Elementary, one of our new fitness magnet schools. For more information about how you can get a Mayor's Mile for your business, neighborhood or school, contact

marigny.bostock@louisvilleky.gov.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings: All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted.

Active Living	TBA	
Food In Neighborhoods	March 1, 5:30 pm	YMCA Association Office
Schools	February 11, 10 am	Greens Academy
Worksite Wellness	February 18, 8 am	Baptist East Milestone Wellness Center
Step Up, Louisville! Task Force	TBA	

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News:

Food Summit Kick-Off Dinner with Joel Salatin

Due to overwhelming response, the March 12th "Dinner with Joel Salatin" in conjunction with the 2nd Annual Food Summit has expanded. **The event will be held at the Clifton Center Friday March 12th.** The evening

will begin at 5:30pm with a presentation from the world renowned author, Joel Salatin. Stay a while longer and enjoy a local food dining experience brought to you by some of the region's favorite chefs: Kathy Cary of Lily's, Mark Williams executive chef at Brown-Forman, Timothy Tucker from the Center of Hope Culinary Training Program Katie Payne Chef Instructor at Sullivan University; in conjunction with CFA members Sherry Hurley of Farm to Fork Catering, Jo Self of Bon Vivant Savant, and local chef Jim Whaley.

Sponsors include the Mayor's Healthy Hometown Food in Neighborhoods Committee and Norton Healthcare Office of Church and Health Ministries.

Talk ONLY tickets- \$20.00 per person in advance, \$25.00 at the door

Talk and Dinner tickets: \$75.00 per person (limit 2, includes talk)

Purchase tickets online at www.communityfarmalliance.org or call Community Farm Alliance (CFA) at 502.775.4041 Mon-Fri 9am-4pm for more information. Seating may be limited.

The Wellness Zone

The Humana Foundation and a number of community partners have introduced The Wellness Information Zone at wellzone.org. WZ is a national health literacy initiative offering easy access to basic health information in everyday language, especially at the point of need. Along with the website, WZ offers kiosks dedicated to e-health information in community centers, health clinics, libraries, schools and other non-profits along with trained health information guides, including librarians, health professionals and volunteers. Navigation of the site is easy with talking video guides providing brief tours of the homepage and topic areas. The site features a variety of audio and video formats as well as different languages. This non-commercial site is free to anyone with an internet connection. The goal is to quickly connect the consumer to basic and reliable information. For more info, go to wellzone.org or humanafoundation.org.

Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the ***Healthy Hometown*** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@att.net or they can be downloaded from the ***Healthy Hometown*** website at www.louisvilleky.gov/mhbm.

The ***Mayor's Healthy Hometown Movement News*** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all ***Healthy Hometown*** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.